



Hedemora, 3 months test period

	Weight before, kg	Weight after, kg	Waist measurement cm		BMI	
			Before	After	Before	After
	61	61	68	69	25	25
	75	75	98	90	28	28
	89	81	103	97	27	25
	114	111	109	109	39	38
	93	93	102	99	28	28
	60	61	104	90	30	27
	65	65	117	109	34	33
	56	56	101	88	28	26
	79	79	100	92	26	26
	111	103	98	91	30	30
	60	60	107	94	31	30
	73	74	91	91	26	26
	68	67	113	109	37	34
	101	101	87	83	27	27
	65	66	103	101	27	27
	69	70	90	90	26	26
	83	75	102	99	33	33
	101	93	113	110	35	35
	63	59	93	87	25	25
	81	82	99	90	28	25
	83	82	106	103	29	29
	96	96	96	96	26	26
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Sum	1746	1710	2200	2087	645	629
Numbers	22	22	22	22	46	46
Average	79.36	77.73	100.00	94.86	29.32	28.59
Median	77.00	75.00	101.50	93.00	28.0	27
Standard deviation	17.36	15.94	10.43	9.82	3.96	3.75

FIG.1A

Cholesterol Before	After	Glucose Before	After	HDL Before	After	Study 1
5.28	5.07	4.58	4.79	1.85	1.91	
3.16	3.85	4.8	4.94	1.19	1.36	
5.91	4.80	4.84	5.05	1.18	1.31	
5.88	5.28	7.32	7.87	1.94	1.74	
5.11	5.54	4.84	6.28	1.20	1.44	
7.28	8.18	5.72	5.42	1.07	1.31	
6.00	6.65	5.86	5.41	1.38	1.18	
6.00	4.77	5.85	5.54	1.91	1.37	
4.78	5.20	5.16	6.30	1.65	1.80	
7.91	6.31	6.55	6.05	1.27	1.04	
5.06	5.90	5.89	6.66	1.36	1.21	
5.92	5.52	5.12	4.59	1.45	1.07	
7.23	5.24	5.97	5.71	1.15	1.00	
6.10	6.18	4.89	5.66	1.78	1.65	
5.42	5.81	6.39	5.04	1.12	0.89	
6.29	5.88	6.09	5.95	1.55	1.66	
5.74	6.25	5.72	6.08	1.47	1.44	
7.56	7.87	5.97	7.09	1.32	1.50	
7.03	5.81	6.06	5.22	1.52	0.89	
5.94	5.37	5.98	4.57	1.03	1.13	
5.25	5.50	6.14	4.70	1.11	1.12	
7.91	8.87	5.02	4.99	1.41	1.53	
<hr/>		<hr/>		<hr/>		
132.76	129.85	124.76	123.91	30.91	29.55	
46	46	46.00	46.00	46	46	
6.03	5.90	5.67	5.63	1.41	1.34	
5.93	5.68	5.86	5.48	1.37	1.34	
1.13	1.16	0.69	0.85	0.28	0.29	

FIG.1B

Hedemora, 3 months test period 3 bags InZone/day

	Weight before, kg	Weight after, kg	Waist measurement cm	BMI	
			Before	After	Before
					After
66	68	90	88	24	24
61	61	68	69	25	25
52	52	71	70	20	20
56	58	80	83	23	24
65	64	82	81	23	23
59	56	80	74	22	21
75	75	98	90	28	28
89	81	103	97	27	25
66	66	79	74	23	23
60	59	69	69	21	21
75	74	90	90	23	23
114	111	109	109	39	38
55	55	71	71	21	21
63	63	75	73	23	23
93	93	102	99	28	28
61	58	80	77	24	23
60	62	74	74	22	22
60	61	104	90	30	27
91	88	82	78	22	21
65	65	117	109	34	33
56	56	101	88	28	26
79	79	100	92	26	26
111	103	98	91	30	30
62	63	74	71	21	21
60	60	107	94	31	30
71	70	84	83	21	21
97	95	85	82	22	22
73	74	91	91	26	26
68	67	113	109	37	34
89	88	85	86	24	24
81	84	79	75	19	19
101	101	87	83	27	27
65	66	103	101	27	27
69	70	90	90	26	26
69	69	87	83	24	23
83	75	102	99	33	33
94	94	93	91	24	25
101	93	113	110	35	35
63	59	93	87	25	25
104	99	78	75	24	24
79	73	81	78	23	23
81	82	99	90	28	25
83	82	106	103	29	29
96	96	96	96	26	26
83	80	83	80	22	22
93	91	93	91	22	22
Sum	3497	3439	4145	3984	1182
Numbers	46	46	46	46	46
Average	76.02	74.76	90.11	86.61	25.70
Median	72.00	71.50	90.00	87.50	24.5
Standard deviation	16.40	15.23	12.86	11.51	4.22

2 persons became pregnant during the test period and they are therefore not calculated.

FIG.2A

Cholesterol		Glucose		HDL	
Before	After	Before	After	Before	After
4.46	4.79	6.05	5.30	1.78	1.94
5.28	5.07	4.58	4.79	1.85	1.91
4.87	5.22	4.28	4.76	1.64	1.87
3.93	3.90	4.14	4.78	1.69	1.62
5.29	4.73	4.98	4.88	1.53	1.27
3.81	5.15	4.20	17.10	1.25	1.15
3.16	3.85	4.8	4.94	1.19	1.36
5.91	4.80	4.84	5.05	1.18	1.31
6.13	5.67	4.15	5.85	1.22	1.54
3.94	4.41	4.96	5.10	1.72	1.77
4.40	4.73	8.10	11.40	1.56	1.46
5.88	5.28	7.32	7.87	1.94	1.74
4.86	4.41	4.69	4.54	1.35	1.19
6.05	4.49	5.41	4.94	1.12	1.36
5.11	5.54	4.84	6.28	1.20	1.44
5.44	5.52	4.72	4.34	1.33	1.13
4.04	4.14	5.05	4.66	1.77	2.37
7.28	8.18	5.72	5.42	1.07	1.31
7.00	7.24	4.42	5.38	1.24	0.80
6.00	6.65	5.86	5.41	1.38	1.18
6.00	4.77	5.85	5.54	1.91	1.37
4.78	5.20	5.16	6.30	1.65	1.80
7.91	6.31	6.55	6.05	1.27	1.04
4.51	4.25	4.75	5.55	1.51	1.17
5.06	5.90	5.89	6.66	1.36	1.21
4.13	5.32	7.25	5.92	1.14	1.19
5.71	4.86	6.53	6.37	1.18	1.24
5.92	5.52	5.12	4.59	1.45	1.07
7.23	5.24	5.97	5.71	1.15	1.00
5.55	5.55	5.26	5.03	1.90	1.84
4.78	4.73	5.64	5.48	1.35	1.35
6.10	6.18	4.89	5.66	1.78	1.65
5.42	5.81	6.39	5.04	1.12	0.89
6.29	5.88	6.09	5.95	1.55	1.66
6.84	6.65	5.78	5.91	1.66	1.74
5.74	6.25	5.72	6.08	1.47	1.44
4.39	5.10	18.80	22.90	1.00	1.23
7.56	7.87	5.97	7.09	1.32	1.50
7.03	5.81	6.06	5.22	1.52	0.89
4.58	4.85	4.62	4.83	2.33	2.39
5.09	4.98	5.07	5.03	1.29	1.58
5.94	5.37	5.98	4.57	1.03	1.13
5.25	5.50	6.14	4.70	1.11	1.12
7.91	8.87	5.02	4.99	1.41	1.53
6.63	8.46	4.76	5.41	2.59	2.59
5.13	6.72	5.15	5.90	1.19	1.41
254.32	255.72	263.52	285.27	67.25	66.75
46	46	46.00	46.00	46	46
5.53	5.56	5.73	6.20	1.46	1.45
5.43	5.30	5.21	5.41	1.37	1.37
1.13	1.15	2.15	3.24	0.34	0.39

Study 1

FIG.2B

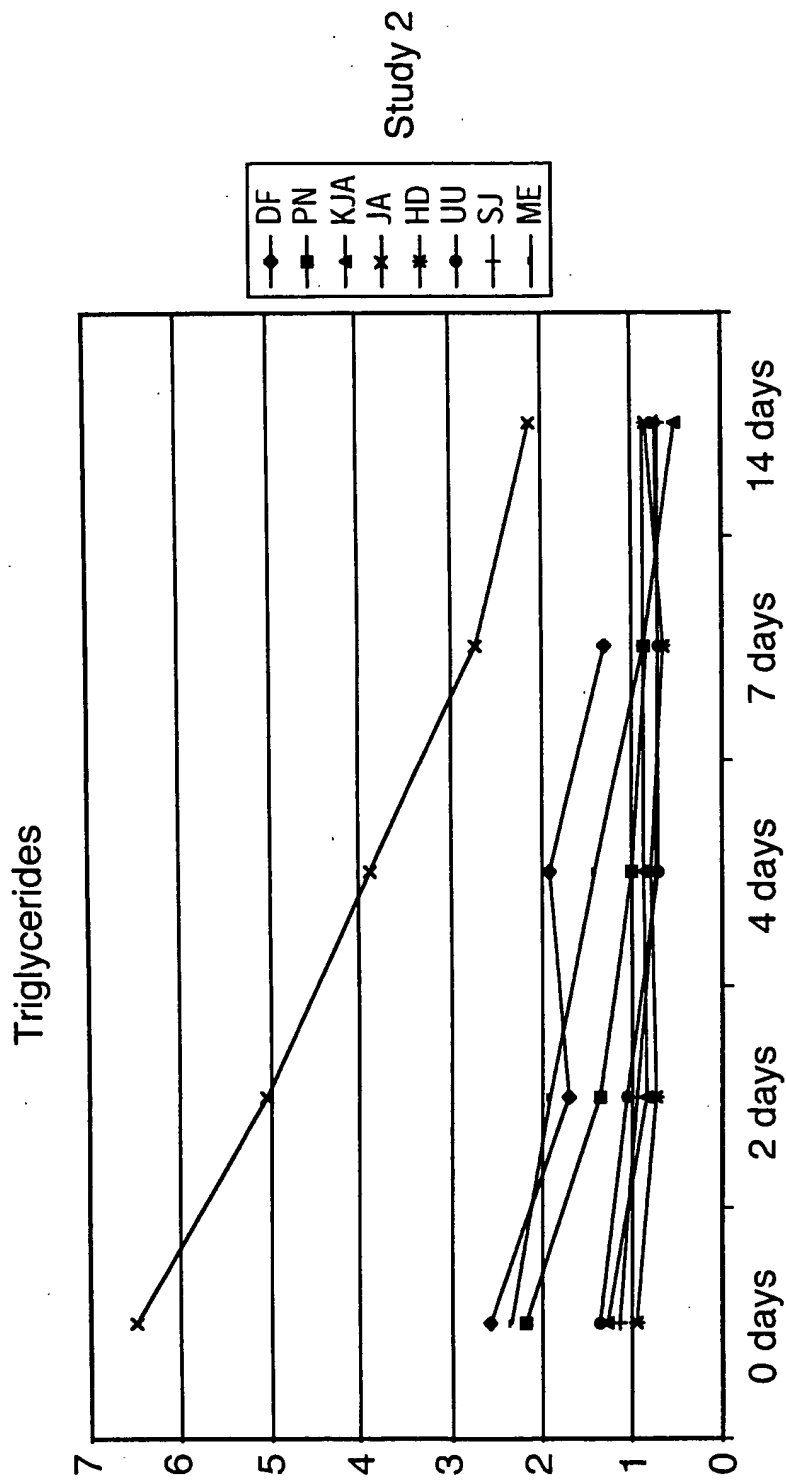


FIG.3

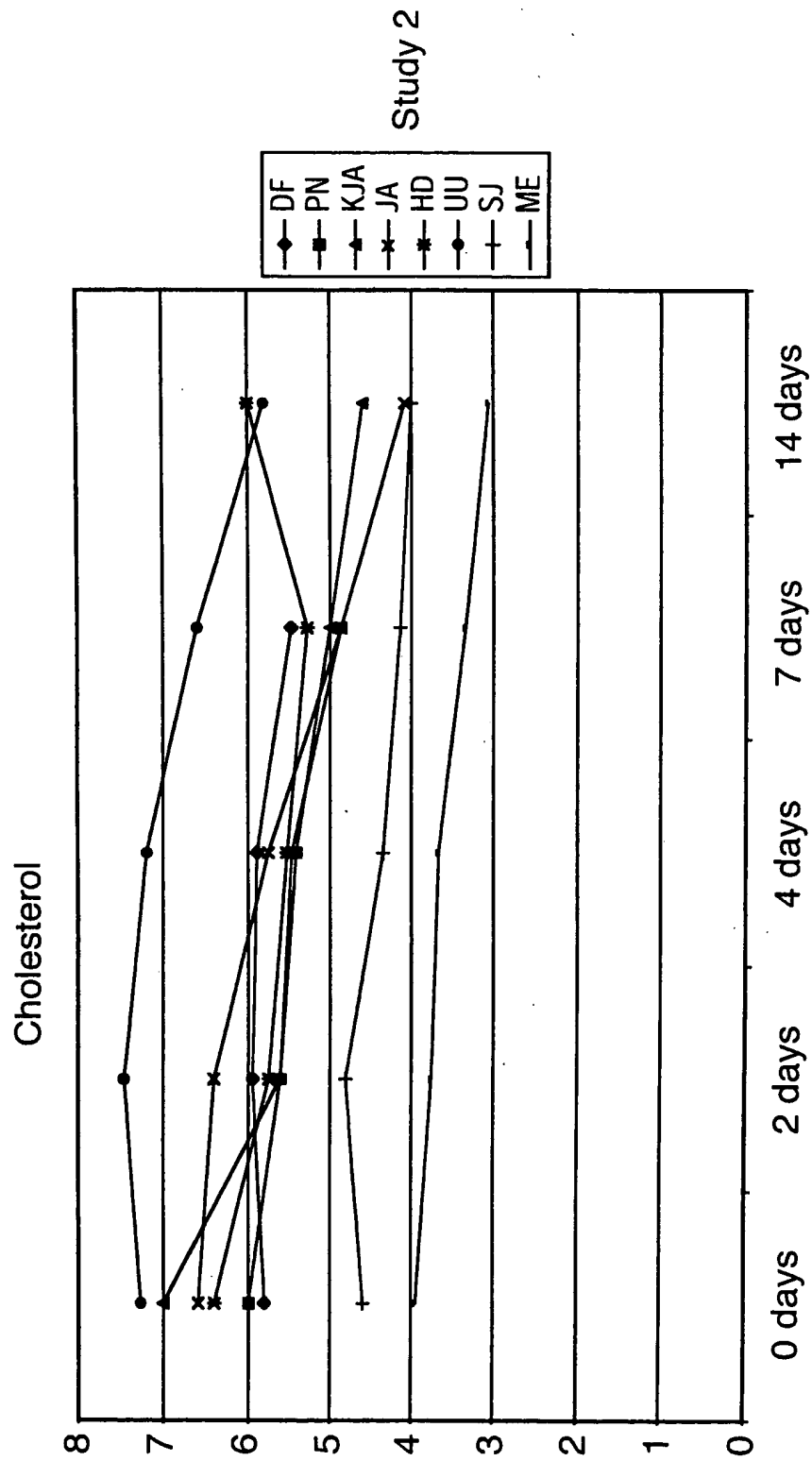


FIG.4

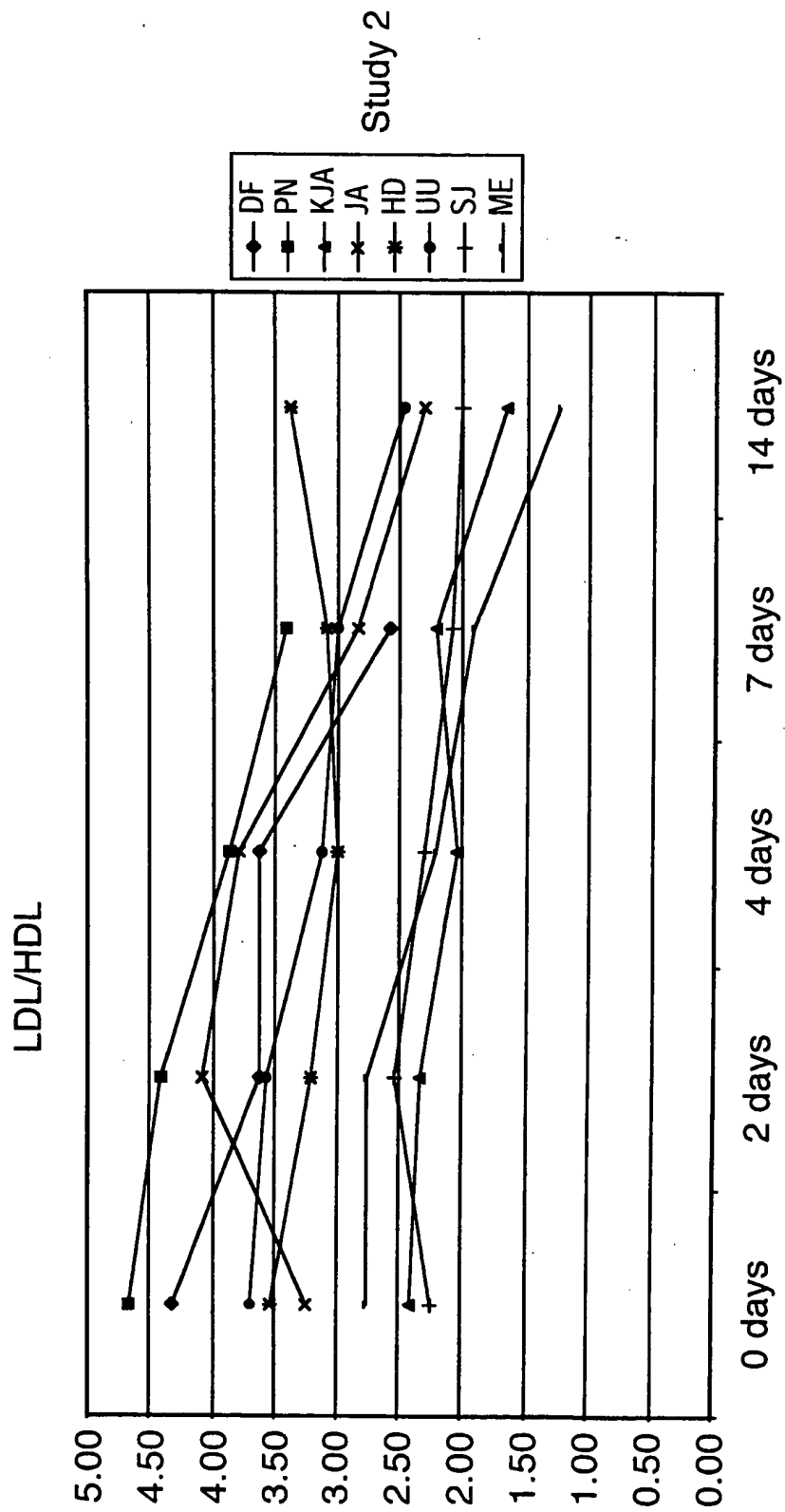


FIG.5

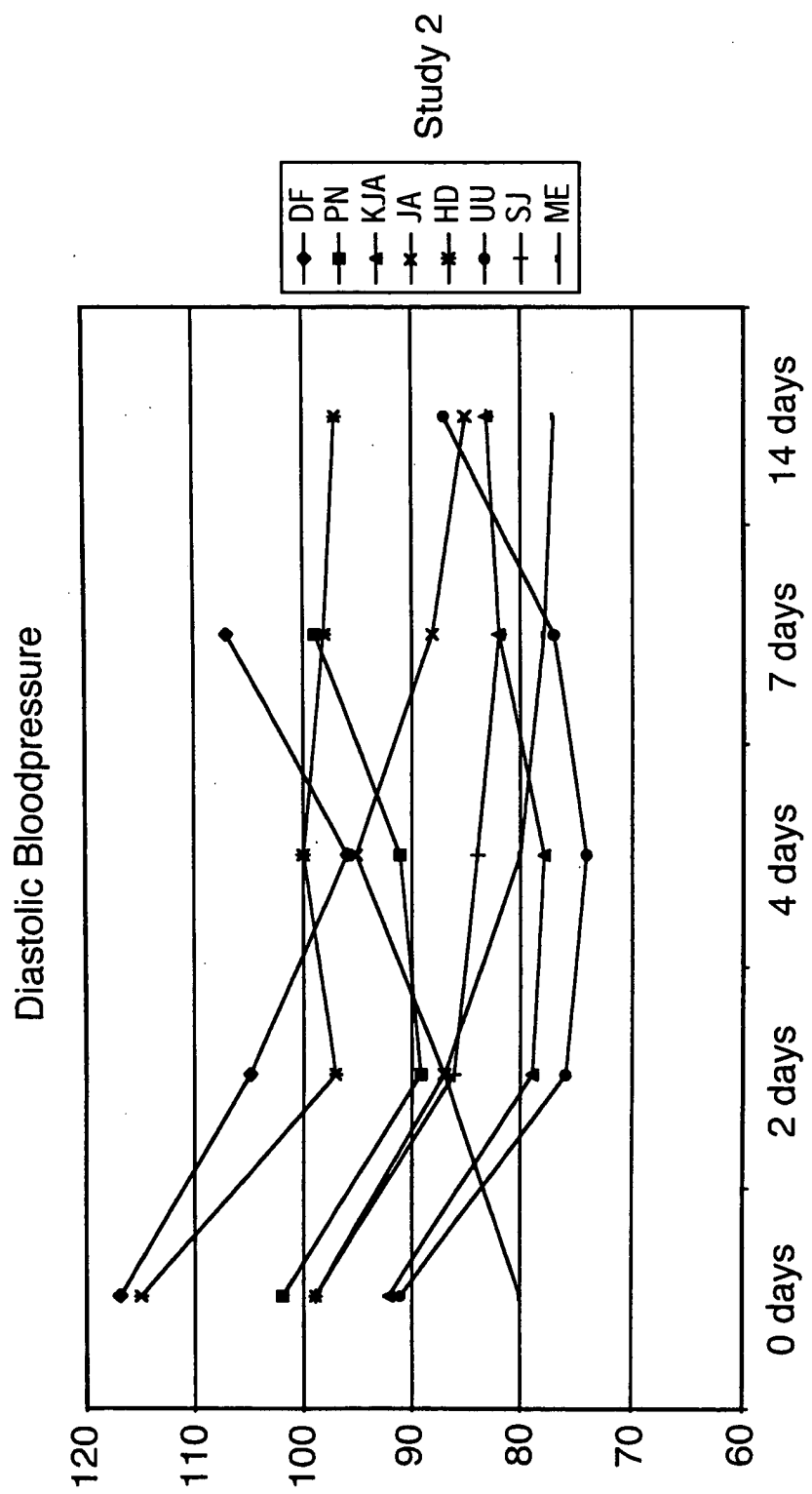


FIG.6

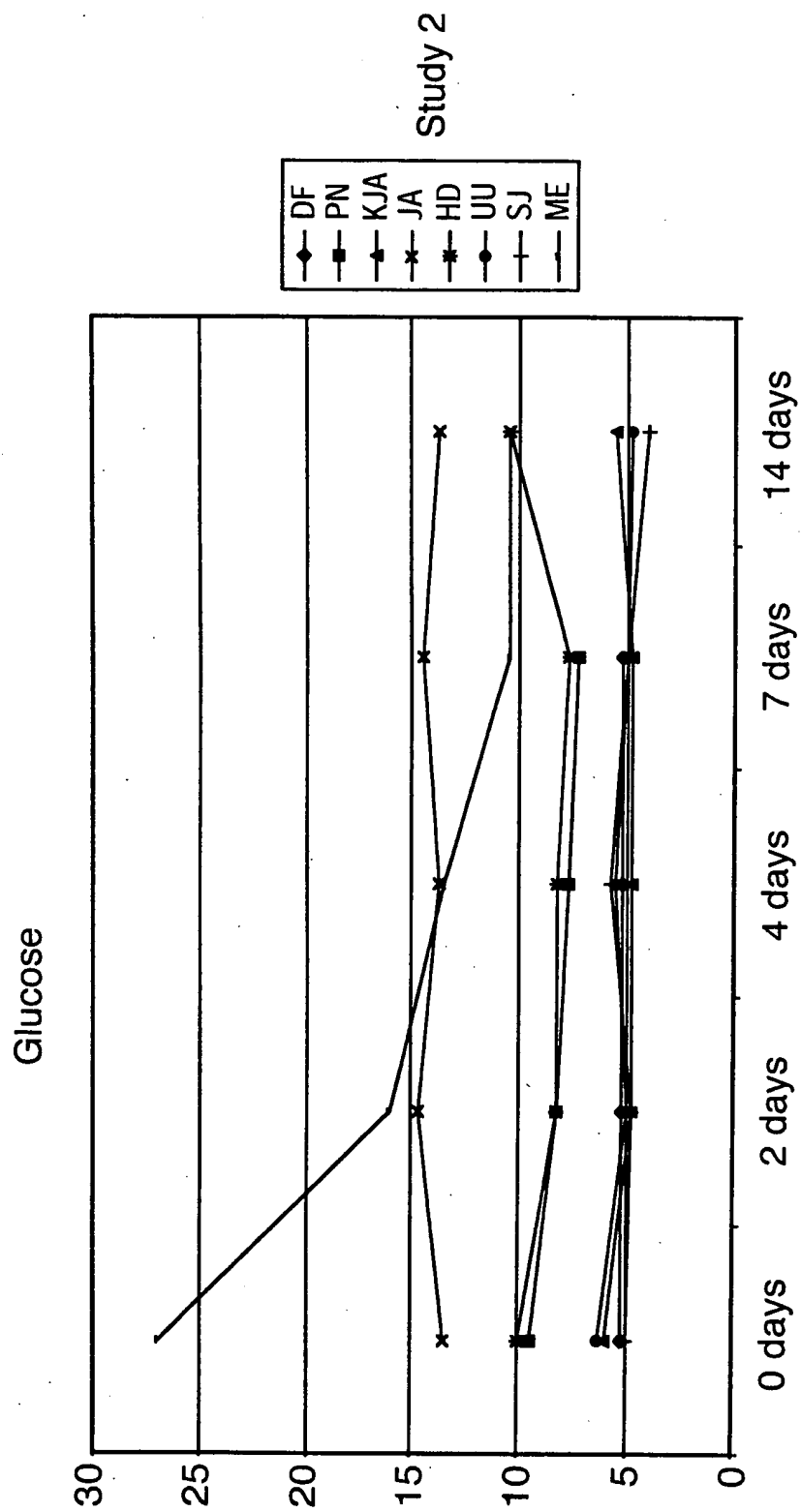
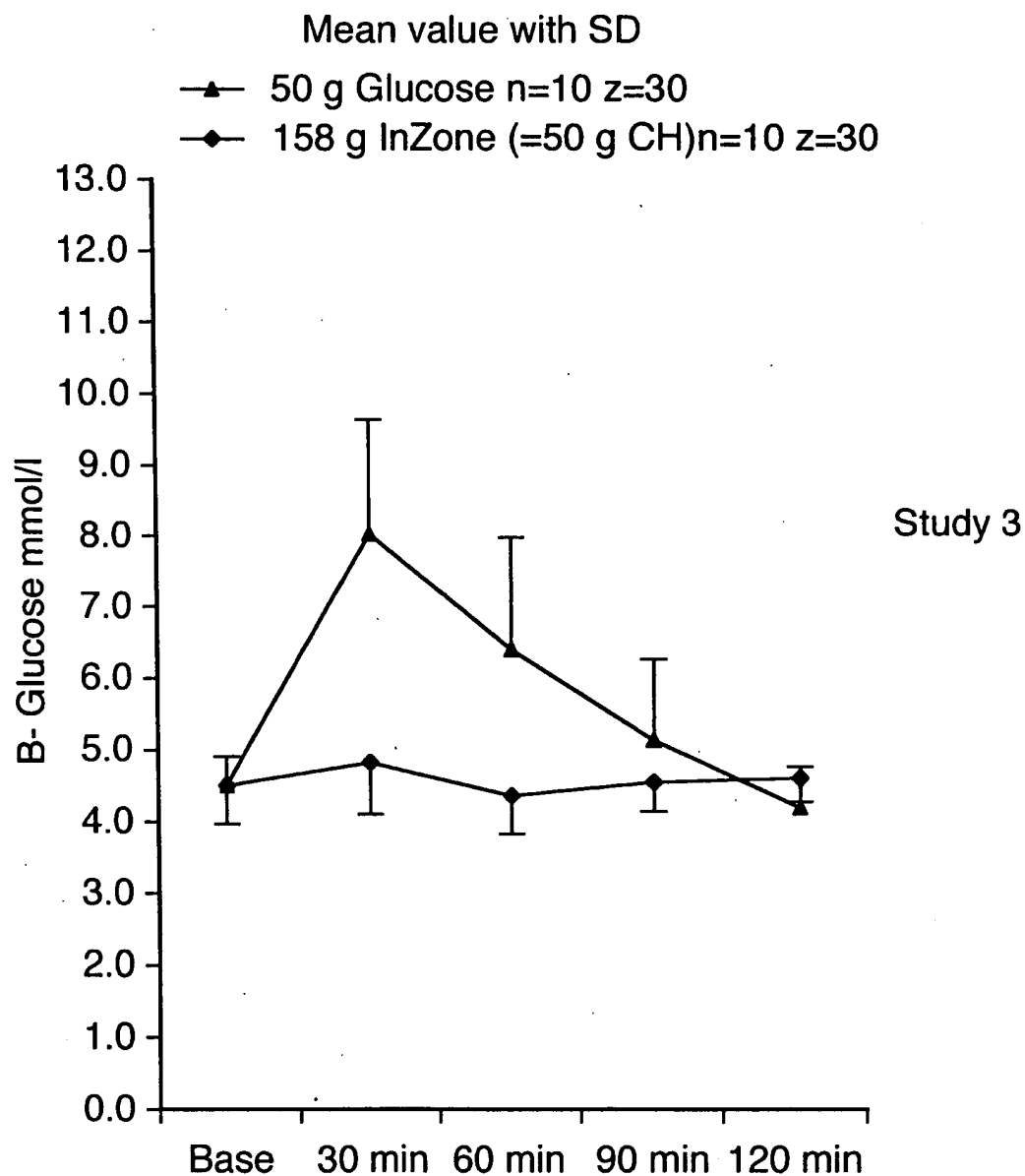


FIG.7



n=total persons included in study; z=total number of tests
The diagram shows the result of the tolerance tests.

FIG.8

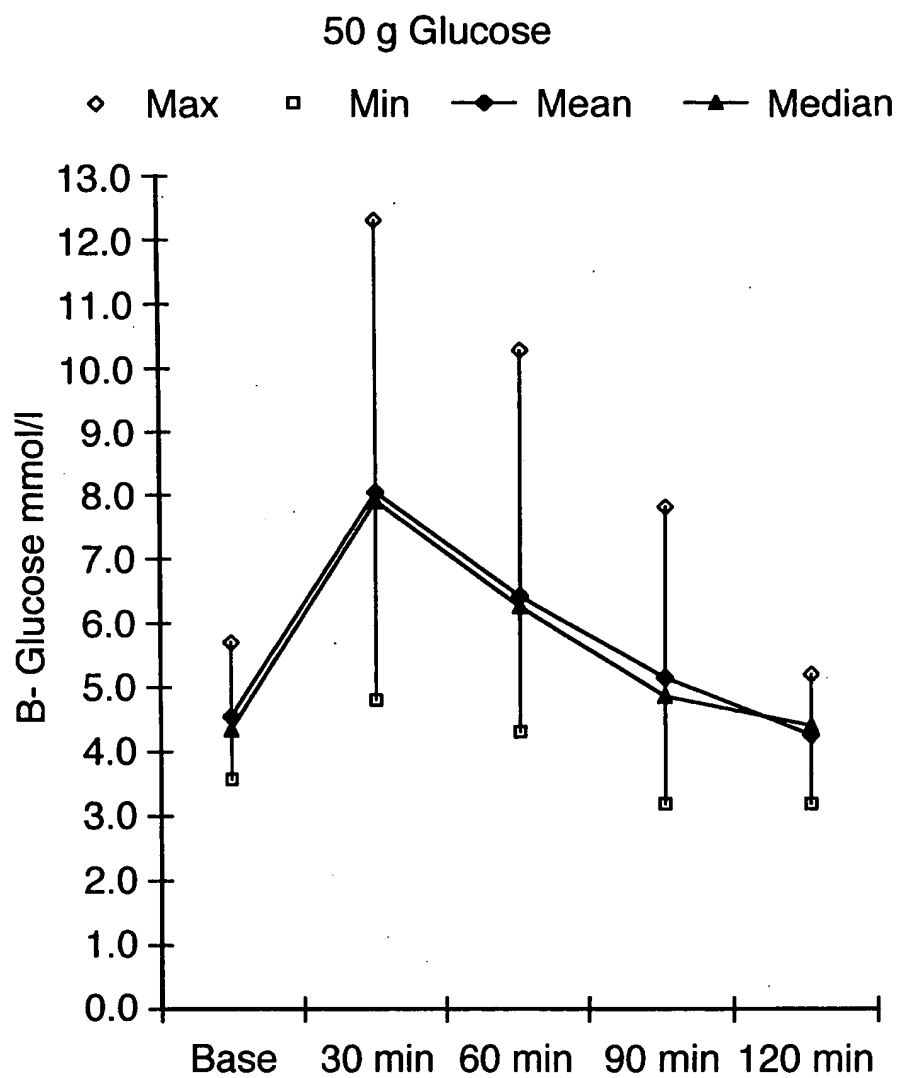


FIG.9A

158 g InZone (=50 g CH)

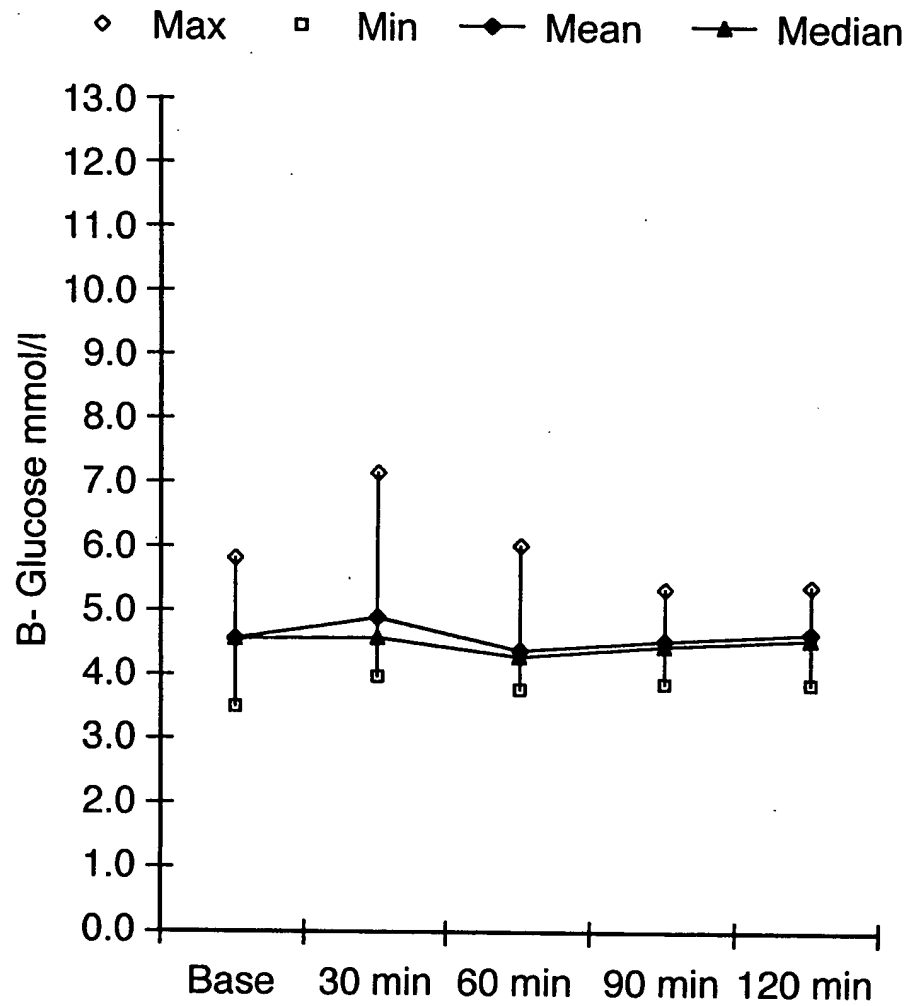


FIG.9B